

# DO YOU CARE?

Made by young carers to help others understand more about our lives and share our ideas for emotional wellbeing



**Page 1**  
**(5 - 11 years old)**  
Explore your feelings  
through art & creativity



**Page 3**  
**(12 - 17 years old)**  
Relaxation and time to  
yourself



**Page 5**  
**(18 - 25 years old)**  
Music, a mini quiz and  
life advice from anime

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# Word Search

Find these words in the wordsearch – there is one word that you won't be able to find because it isn't there! When you know what word that is email us at [claire@newcastlecarers.org.uk](mailto:claire@newcastlecarers.org.uk) and let us know and you will be entered into a prize to win a £10 gift voucher. The missing word is \_\_\_\_\_

These pages were created by Isobel and B. The activities are aimed at 5-11 year olds. Isobel and B chose a theme of exploring feelings through art activities and creativity. They hope you enjoy taking some time to try out their ideas.

N	Y	D	N	U	K	O	S	C	Z
M	L	D	P	L	E	H	F	N	L
C	I	D	A	F	R	I	E	N	D
S	M	T	Y	O	U	N	G	X	F
F	A	V	H	P	P	P	O	G	P
J	F	G	X	C	Q	E	Q	W	N
R	E	R	A	C	Y	X	J	K	N
P	N	C	F	W	Y	C	M	Z	Y
V	K	X	R	C	X	O	C	R	Z
Z	W	Z	G	I	J	L	A	N	V

- YOUNG
- CARER
- FAMILY
- HELP
- NEWCASTLE
- FRIEND
- TALK

## Drawing with Feelings:

Use the colour chart to draw a picture using your feelings





'This comic is created by Isobel and is about friendship and standing up for your friends!'



One day Moon was walking in the park. 'La la la'



When he saw Cloud being bullied by Sun. Cloud was really sad.



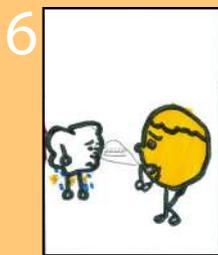
So Moon went up to Sun and shouted..... "Stay away from him you're being mean"



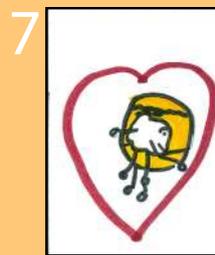
Sun ran away!



Cloud and Moon became best friends.



Sun apologised to Cloud, Cloud was a bit confused but accepted the apology.



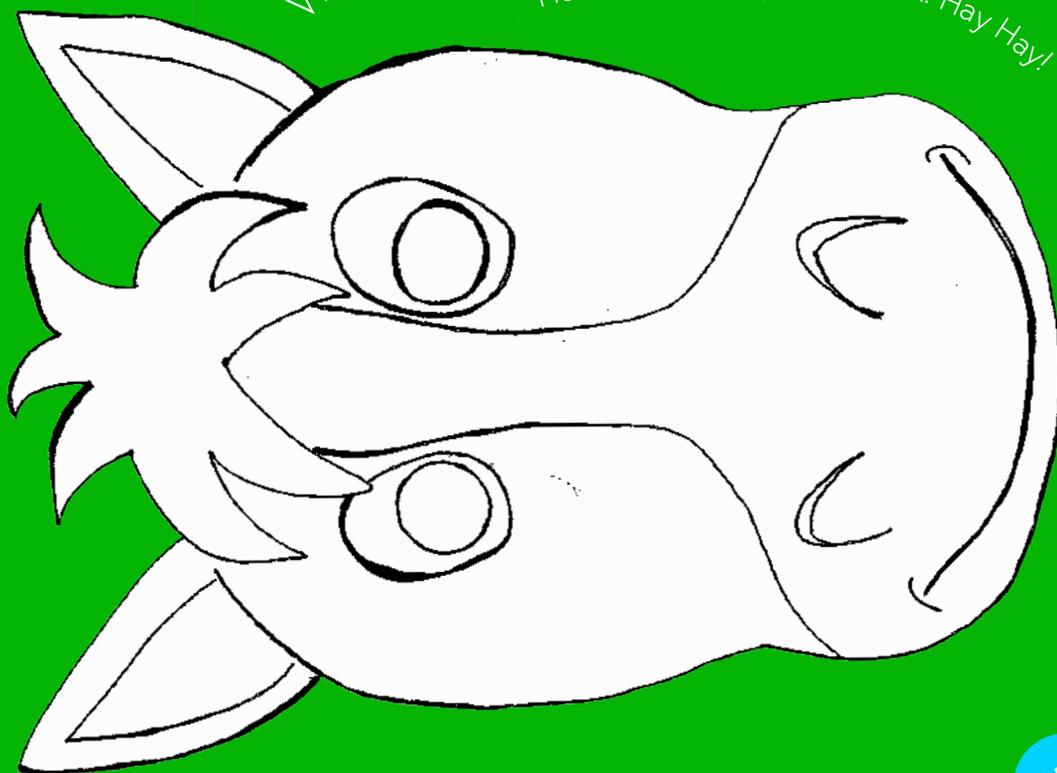
So they hugged and made friends.



Then a rainbow appeared.

## Make a Mask!

Colour it in, cut it out (you may need help from an adult) and stick a straw to it to turn it into a mask



Why the long face?

Horse around with this mask. Hay Hay!

These pages were created by Katrin, Bethany and Zeinab. The information is aimed at young carers aged 12 - 17. They chose a theme of having time for yourself.

Talk to someone...

If groups aren't for you there is also an option for one-to-one talks with the workers. They will always listen and provide support.

Other carers understand what it's like...

It won't interfere with your caring responsibility too much and it gets you out of the house. When it comes to caring there's always an understanding so if someone needs to leave the room to speak on the phone or to check phones that's ok.

Groups at Newcastle Carers are a great way to meet new people and have some fun!

I was scared...

I was scared of joining in group activities at Newcastle Carers at first, just in case i didn't fit in with anyone. It turned out that everyone was actually really lovely and everyone there has something in common.

Just ask if you need some help...

It is not a big commitment and there's always a way to join. You can be supported with travel if you need it, either to get some bus fare or to be picked up.

# Top Tips for Joining a Group

# Time to Relax!

Talk to friends, talk to anyone just **talk**

Bethany does art to relax, give it a try



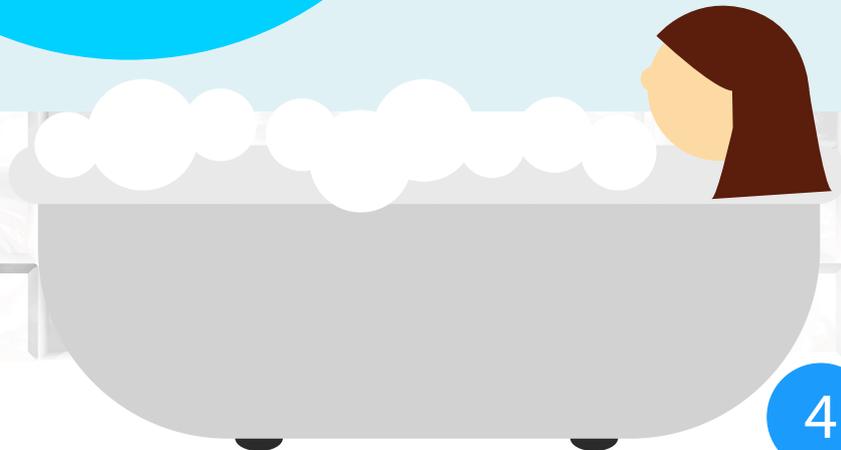
It's all about finding what's right for you, Zeinab writes her problems down and posts them to nowhere. Bethany likes writing a journal. Zeinab likes Rubik's Cubes but they stress Bethany out!

Mindful Colouring: Water



Have a bath, light a candle

**QUOTE**  
"you can't pour from an empty cup, take care of yourself first"

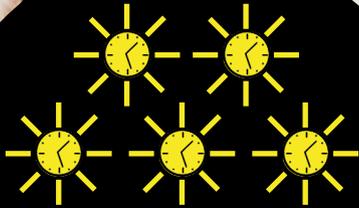


# Music

These pages were created by Kirpa, Lauren, Zeinab, Liam and B. They are aimed at young adult carers aged 18 - 25

## Dingbats!

Can you name the bands that are represented by the picture clues below?



Answer:

Zeinab likes to listen to really loud rock music to help her chill out

Different music is good for different things...

Listening to music helps B relax and helps Liam get into the right headspace to write



Answer:

*'Live life to your own beat!'*

# LIFE ADVICE

## FROM ANIME CHARACTERS

Here are some of our favourite quotes and what we think about them.  
By B and Liam



### RIDER

Fate/Zero (2011)

**"Whatever you do, enjoy it to the fullest. That is the secret of life."**



### THE BARON

The Cat Returns (2002)

**"Whenever someone creates something with all of their heart, then that creation is given a soul"**

To us this means 'if you put in the effort your ideas will have life. For example creative writing (Liam's hobby) or making craft (B's hobby), we put our hearts into creating something and it comes to life.



### MEWTWO

Pokemon (1998)

**"I see now that the circumstances of one's birth are irrelevant. It is what you do with the gift of life that determines who you are."**

We see this as meaning that it is talent that matters, not race or background. DON'T JUDGE OTHERS.



### VEGETA

Dragon Ball Z (1989)

**"Even the mightiest of warriors experience fears. What makes them a true warrior is the courage that they possess to overcome their fears."**

To us this means that it's ok to be afraid. Face your fears!



### SORA

No Game No Life (2014)

**"If someone wishes to fly, will that let him grow wings? I don't think so. You don't change yourself. You can change how you approach a problem"**

I faced a problem with a positive approach and things changed. I have learnt that you shouldn't be afraid to try, it doesn't matter if it doesn't work out, just try something different. Spread your wings and accept the challenge.



### SOPHIE HATTER

Howl's Moving Castle (2005)

**"They say that the best blaze burns brightest when circumstances are at their worst."**

To B this means that in the worst situations it is easy to go down the wrong path, instead be positive and shine through. Find the best in you and find your courage.

### B: Young Adult Carer (2018)

"Always follow your dreams, being a carer can give you a lot of new confidence and skills, don't let it hold you back. Oscar Wilde said "Be yourself, everybody else is already taken" You need to learn who you really are."

### Liam: Young Adult Carer (2018)

"Don't be afraid to try new things or meet new people. Shrek says "Onions have layers" – Carers have layers too, we're not talking donkeys!"

# How We Can Help

Our service is for carers of all ages, including young carers (aged 5-17) and young adult carers (aged 18-25).

Young Carers and Young Adult Carers are children and young people who look after somebody in their family who is ill, disabled, has mental health problems or is misusing drugs or alcohol.

We provide individual and group support, information and advice. The service is really flexible to suit your needs, you will decide what kind of support is right for you, this could include having someone to talk to, help with education, more support for your family, help to access grants and loads more...

## Contact Us

If you are a young carer or a young adult carer, there are lots of ways you can get in touch with us:

**Newcastle**  
**Carers**

You can **email us** at [info@newcastlecarers.org.uk](mailto:info@newcastlecarers.org.uk)

You can **like us** on Facebook/[NewcastleCarers](https://www.facebook.com/NewcastleCarers)

You can **follow us** on Twitter [@NCLCarers](https://twitter.com/NCLCarers)

You can **text us** on 07874 100043

You can **phone us** on 0191 275 5060, Monday to Friday, 9am -5pm (we are closed on bank holidays)

Alternatively you can talk to a professional that you trust and ask them to refer you to our service and we will then contact you.

Newcastle Carers would like to thank CACHE Alumni ([www.cachealumni.org.uk](http://www.cachealumni.org.uk)) for sponsoring this edition of 'Do You Care?!. The young carers and young adult carers involved really appreciate seeing their work in print and it has been a great learning experience creating this newsletter, this would not be possible without our sponsors. Thank - you.

This newsletter was designed by Elvira Morris. All of the young carers, young adult carers and staff would like to thank Elvira for volunteering her time and incredible skills to help us get our ideas looking great and make this newsletter a success - THANK-YOU.